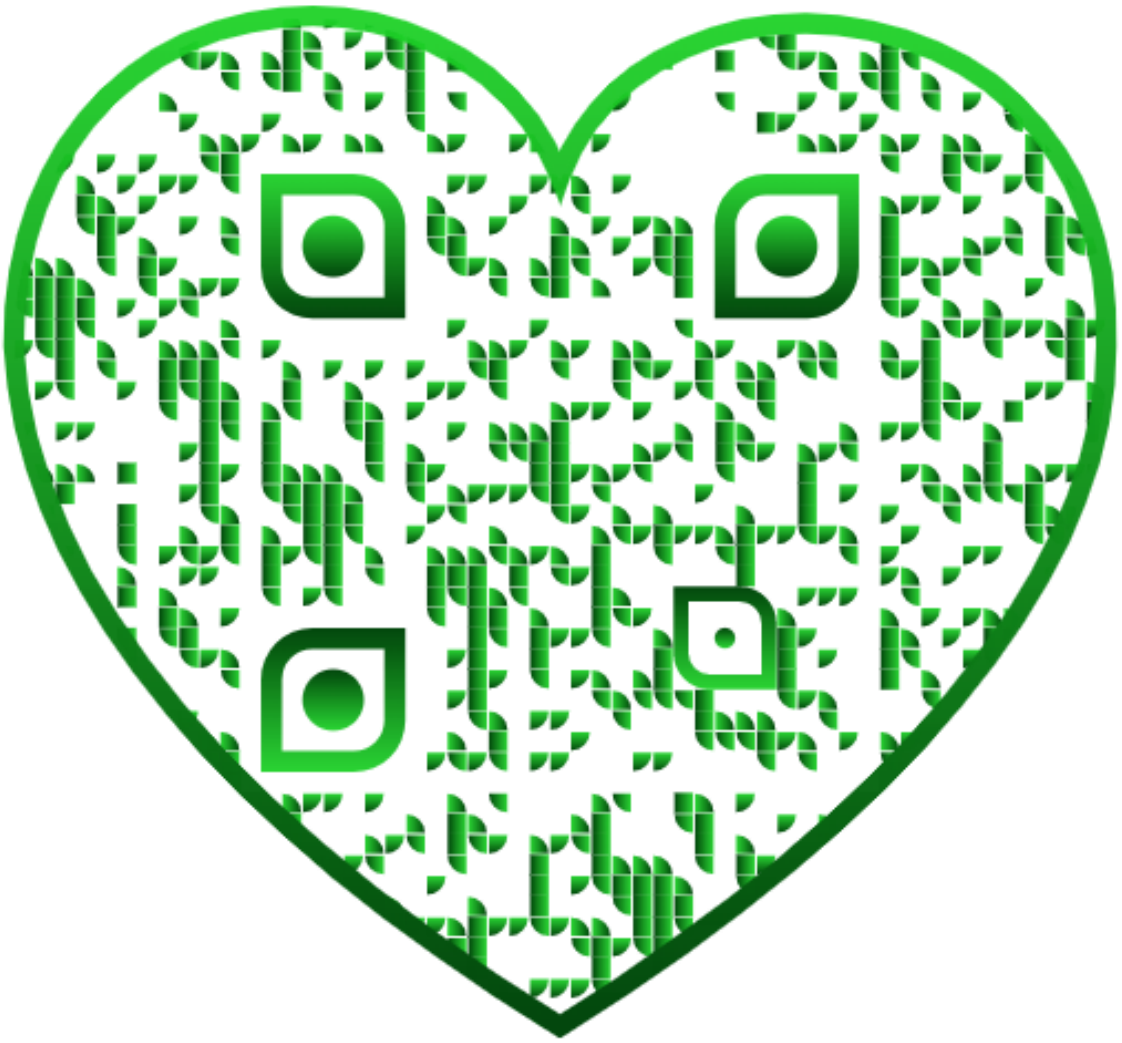
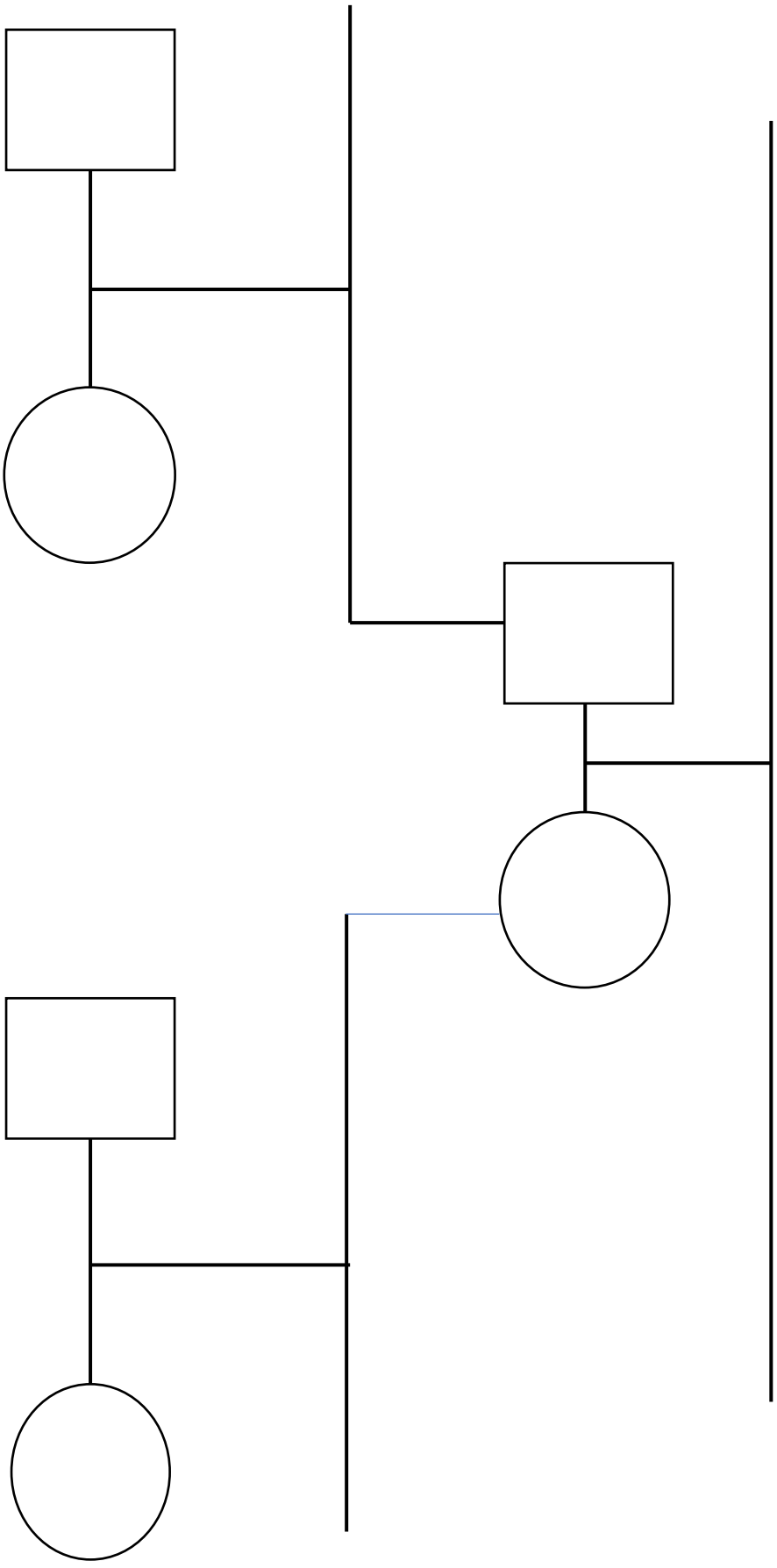
# PSYCHIATRIC HISTORY

DR. Mohammad Elsebahy

## ❖ PERSONAL DATA

| | |
|---|---|
| Name: | sex: |
| Date of birth: | |
| Level of education: | |
| Occupation: | |
| Marital status: □single □married □divorced □separated □widowed | |
| Address: | |





## ❖ Source of referral:

☐**by himself** ☐**by his family**

☐**referred by doctor**: ……

**If admitted:** ☐**voluntary** ☐**involuntary**

## ❖ Complaint of the Patient:

……

……

……

## ❖ Complaint of the informant:

Who is the informant: …… relation to the patient: ……

Relation with the patient: …… reliability: ……

Complaint:

……

……

……

**Areas of clinical interset**

- ☐ **Physical complaints**
- ☐ **Substance use**
- ☐ **Psychosis**
- ☐ **Mood disturbance**
- ☐ **Anxiety, avoidance or arousal**
- ☐ **Social & personality problems**

## ***History of present illness***

**(stressors – onset- symptoms- previous episodes- course- previous treatments- hospitalization)**

## ❖ History of present illness

**Onset:** (□sudden □acute □gradual)

**course:** (□progressive □stationary with remission and exacerbation □remittent □regressive)

**duration:**

# ❖ Past psychiatric and medical history

## Past psychiatric history

| psychiatric illness | date | duration | Notes or ttt outcome |
|---|---|---|---|
| | | | |
| | | | |
| | | | |
| **Episodes of self-harm** | | | |
| | | | |
| | | | |
| | | | |

## Past medical and surgical history

| | | | |
|---|---|---|---|
| **Illnesses** | | | |
| | | | |
| | | | |
| **Operations** | | | |
| | | | |
| | | | |
| **Accidents** | | | |
| | | | |
| | | | |
| **Current medications** | | | |
| | | | |
| | | | |
| **allergic or other adverse reactions** | | | |

| | | when | How much | Problems related |
|---|---|---|---|---|
| **Substance use history** | **tobacco** | | | |
| | **alcohol** | | | |
| | **hashish** | | | |
| | | | | |
| | | | | |

## ❖ Family history

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| Health | Similar conditions | | | | | | | |
| | Any other psych. Dis. | | | | | | | |
| | Drug dependence | | | | | | | |
| | epilepsy | | | | | | | |
| | Neurological dis. | | | | | | | |
| Relation to the patient | | | | | | | | |
| Occupation or Level of education | | | | | | | | |
| age | | | | | | | | |
| | father | | | | | | | |
| | mother | | | | | | | |
| | Parents | Siblings | | | | | | |

# ❖ Personal history

<table>
<tr><td>Pregnancy and birth abnormalities</td><td colspan="4">□infections □prematurity □problems with labor: ……</td></tr>
<tr><td rowspan="12">Early developmental milestones<br><br>(not necessary in adults)</td><td></td><td></td><td>Normal range</td><td>√</td></tr>
<tr><td rowspan="4">Motor gross</td><td>Sits alone</td><td>5-9 months</td><td></td></tr>
<tr><td>crawls</td><td>6-12 months</td><td></td></tr>
<tr><td>stands</td><td>8-17 months</td><td></td></tr>
<tr><td>Walks alone</td><td>9-18 months</td><td></td></tr>
<tr><td rowspan="2">language</td><td>1st word</td><td>1-3 years</td><td></td></tr>
<tr><td>2-word phrases</td><td>15-32 months</td><td></td></tr>
<tr><td rowspan="6">Social & self help</td><td>Responsive smile</td><td>1-3 months</td><td></td></tr>
<tr><td>Finger feeds</td><td>7-14 months</td><td></td></tr>
<tr><td>Drinks from cup</td><td>9-17 months</td><td></td></tr>
<tr><td>Uses spoon</td><td>12-20 months</td><td></td></tr>
<tr><td>Bowel control</td><td>16-42 months</td><td></td></tr>
<tr><td>Dressed self</td><td>3.35-5 years</td><td></td></tr>
<tr><td>Neurotic traits</td><td colspan="4">□Temper tantrum □Thumb suckling □Nail biting □N.E.</td></tr>
<tr><td>Temperaments</td><td colspan="4">□easy or flexible (40%) □Difficult (10%) □Slow-to-warm up (15%)<br><br>
<table>
<tr><td>intensity</td><td>□strong emotional response</td><td>□weak emotional response</td></tr>
<tr><td>persistence</td><td>□determined</td><td>□easily persuaded</td></tr>
<tr><td>sensitivity</td><td>□strong reaction</td><td>□weak reaction</td></tr>
<tr><td>perceptiveness</td><td>□aware of surrounding</td><td></td></tr>
<tr><td>adaptive</td><td>□adapt</td><td>□resist change</td></tr>
<tr><td>regularity</td><td>□regular pattern</td><td>□follow schedule</td></tr>
<tr><td>energy</td><td>□high</td><td>□low</td></tr>
<tr><td>1st reaction to new situations</td><td>□open to trying</td><td>□slow to watch others</td></tr>
<tr><td>mood</td><td>□cheerful</td><td>□cranky</td></tr>
</table></td></tr>
<tr><td>Childhood</td><td colspan="4">□prolonged separation from the parents, if present the ptn. reaction<br>……<br>□emotional problems: ……<br>□serious illness: ……</td></tr>
<tr><td>Schooling and higher education</td><td colspan="4">Type: ……. …qualifications: ……<br>relationships with teachers: …… and other students: ……<br>Athletic abilities and participation in sports……<br>□experience of bullying, if present: nature: ……<br>duration: ……. and impact: ……<br>□school exclusions: ……<br>□school truancy</td></tr>
<tr><td>Occupations</td><td colspan="4">Present job: from: ……... □all days □specific days: ……...<br>duties: ……...<br>performance: ……<br>□satisfied □not satisfied<br>Income: ……. Insurance coverage: ……</td></tr>
</table>

| | |
|---|---|

| Earlier jobs | from | to | reasons for changes |
|---|---|---|---|
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |

**Military history**

**When? From** …… **to** …… **where?** ……
**Rank achieved:** …… **Combat exposure**: ……
**disciplinary actions:** …… **Discharge status**: ……

**Significant relationships**

**current partner:** …… duration: …… nature of relationship: ……
**Partners health**: □good □bad ……
**attitude to the patient's illness**: ……

| Previous relationships | from | to | Nature of relationship |
|---|---|---|---|
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |

**puberty**

| | **Age of onset** | **reaction** |
|---|---|---|
| **Nocturnal emission**♂ | | |
| **Menarche** ♀ | | |

**Sexual history**

**Sexual orientation:** □heterosexual □homosexual □bisexual
□**early sexual teaching** …… □early **sexual experiences**……
□experience of being **sexually abused**:
……
□**attitude** toward sexual behaviour: ……
□**Masturbating** patterns and fantasies: ……
□**Preoccupation** with particular sexual practices: ……
□**Premarital** relationships……
□**Extramarital** relationships: ……
□P**recautions** taken to prevent sexually transmitted diseases and/or pregnancy: ……

| **Current Sexual relation** | ♂ | ♀ |
|---|---|---|
| **Desire phase** | □sexual **fantasies** (the object is: ……)<br>Who **initiates** sex? …… and how? …… | |
| **Excitement phase** | □achieving **erection**<br>□maintaining erection | □ arousal in women<br>□**lubrication** |
| **Orgasm phase** | □orgasm occurrence<br>□premature ejaculation<br>□delayed ejaculation<br>□ painful ejaculation | □orgasm occurrence<br>□orgasmic dysfunction<br>□vaginismus<br>□dyspareunia |
| **Resolution phase** | □satisfaction □frustration □continued arousal | |

**Relationship to current symptoms:** ……

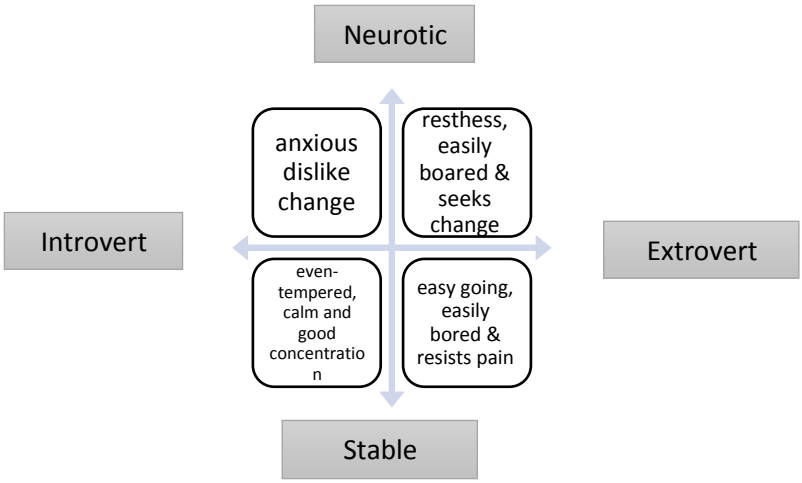
**Pregnancy & lactation in females**

**No of pregnancies: ( )** □if now lactating

| **date** | **Physical problems** | **Psychological problems** |
|---|---|---|
| | | |
| | | |
| | | |

| | | | | | | |
|---|---|---|---|---|---|---|
| **Children** | **child** | **temperament** | **emotional development** | **Mental health** | **physical health** | **The care giver** |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| **Social circumstances** | **Accommodation**: ……<br>**household composition**: ……<br>**Financial situation**: ……<br>Current relationships with:<br>□parents: …… □grandparents: ……<br>□children: …… □grandchildren: …… | | | | | |
| **Substance use** | | | | | | |
| **Forensic history** | **□Arrests…**……<br>**□Convictions:** ……<br>**□Imprisonment:** …… | | | | | |

## ❖ Premorbid Personality

| | | | | |
|---|---|---|---|---|
| **Relationships** | | **□few<br>□many** | **□superficial<br>□close** | **□with the same sex<br>□with opposite sex** |
| | **friendships** | | | |
| | **work colleagues** | | | |
| | **superiors** | | | |
| **Use of leisure time** | **Hobbies:** ……<br>**Interests:** …… | | | |
| **Personality traits** |  | | | |
| **Attitudes and standards** | **moral or religious**……<br>**attitude towards health**…… | | | |

# ❖ Mental State Examination

| | |
|---|---|
| **Appearance** | **Level of consciousness**: □alert □hypervigilant □decreased arousal |
| | **Appears** □his- her stated age □younger □older |
| | **Dressing**: □appropriate □eccentric □careless **Grooming**: □good □bad<br>**Hygiene**: □clean □shaven □unshaven □malodourous |
| | **Physical characteristics:** □needle marks □scars □skin lesions □tattoos □obesity □thinness □sweating □handicaps □amputated limbs |
| | **Eye contact:** □avoid □good □staring □looks in unexpected directions |
| **Attitude** | □cooperative □disinterested □guarded □suspicious □regressed (childlike) □disinhibited □arrogant-grandiose □vigilant □hostile □agitated |
| **Psychomotor activity** | □**Normal** □stupor □slowing or retardation (bradykinesia) □restlessness □agitation (hyperkinesia) □excitement |
| | □special gait: ……... □special posture: ……. □waxy flexibility |
| | **Tremors**: □resting □postural & action tremor □intention tremor |
| | **Tardive dyskinesia:** □tongue protrusions. □lip-smacking □twisting |
| | **Acute dystonia:** □twisting of the neck & back □oculogyric crisis □torticollis □backward arching □difficulty in (talking, swallowing, or breathing) |
| | **Tics:** □simple: ……<br>□complex (□involuntary movements …… □vocalizations ……) |
| | □**Mannerisms:** …… □**Stereotype:** …….……<br>□**Perseveration**: □verbal …… □physical ……...<br>□**Echopraxia:** …… |
| | **Compulsive acts**: □checking □counting □washing or cleaning □ordering □religious rituals □hoarding □seeking assurance from others |
| | **Suggestibility:** (□negativism □automatic obedience □resistance) |
| **Speech and Language** | • **Fluency:** □fluent<br>□Non-fluent (□scanning speech □Stuttering □Cluttering)<br>**Word finding:** □Anomia □agnosia □apraxia<br>• **Amount:** □mute □little □normal □increased (talkative)<br>• **Rate:** □slow □rapid (pressured)<br>• **Tone, and volume:**<br>□low □high **(**□yelling □soft spoken □whispering □hoarseness)<br>**Rhythm (Speech latency):** □long and prolonged □slow<br>**Articulation**: □ Dysarthria □slurred speech<br>**Phonation**: □ hypernasality |
| **Mood** | □**Euthymic** □**Apathetic** □**Sad** □**Apprehensive** □**Euphoric** □**Angry** |
| **Affect** | • **Quality:** □flat □dysphoric □tearful □happy □excited □euthymic □irritable □angry □agitated □……<br>• **Quantity (Intensity):** □mild □moderate □sever<br>• **Range:** □restricted □normal □labile<br>• **Appropriateness:** □Appropriate □inappropriate<br>• **Congruence (**with the patient's described mood or thought content**):** □congruent □incongruent |

| | |
|---|---|
| **Thought processes** | **Normal thought process**: □linear □organized and □goal directed<br>**FTD:**<br>□Circumstantiality □Clang associations □Derailment (Loose associations) □Flight of ideas □Neologisms □Perseveration □Tangentiality □Word salad □Thought blocking |
| **Thought content** | □**Poverty of thought content** |
| | □**Preoccupation**: …… |
| | **Obsessions:**<br>• **Type:** □thoughts □images □impulses<br>• **Content:** □contamination □fear of losing control □violence □sexual □religious & moral □ordering and symmetry □hoarding |
| | **Near-Delusional Beliefs**: □Overvalued idea □Magical thinking |
| | **Delusion:**<br>• **bizarreness** □bizarre □non-bizarre **(**systematized)<br>• **Type**: □persecutory □grandeur □erotomanic □reference □control □thought control □thought broadcasting □thought insertion □guilt □poverty □nihilistic □infidelity □hypochondriacal<br>• **Onset**: □**1ry** □2ry to ……<br>• **Experience:** □delusional mood □delusional memory □delusional perception<br>• **Congruency**: □mood congruent □mood incongruent<br>• **Response:** □astonishment □anger □terror □habituation □resistance □…….. |
| | **Suicidal ideation:** □ideation □intent □plan □preparation |
| | **Homicidal ideation:** □ideation □intent □plan □preparation |
| **Perception** | □**Illusion:** □Jamais vu □déjà vu □macropsia □micropsia □affective illusion |
| | **Hallucinations:**<br>□Hypnagogic hallucinations (normal experience)<br>□visual □olfactory □tactile □gustatory □auditory<br>If auditory: (□2nd person □3rd person) (□commentary □thought echo**)**<br>**Reaction to it:** …….. |
| | □**Autos copy:** (see one's own body in the space, not seeing him in the mirror<br>□**Depersonalization** □**Derealization** |
| **cognition** | **Orientation:** □time □place □person |
| | **Attention:** □digit span |
| | **Concentration:** □count backward □serial seven subtractions □serial three subtractions from 20 □spelling the word WORLD backward □recite the days of the week or months of the year backward. |
| | **Memory:** □Immediate recall<br>□Recent (retell the story after 5 min. - word-list learning task)<br>□Remote<br>□**Episodic memory** (time-tagged, personalized, and experiential knowledge.)<br>**Semantic memory:** □last 3 presidents □listing things |
| | **Constructional and visuospatial ability:**<br>□Apraxia**:** ability to write with a pen □copy 2 intersecting pentagons. |
| | **Abstraction and conceptualization** □identify similarities □interpret proverbs |
| **Insight** | □fully insighted (I have a problem, it is a psychiatric illness, and I need treatment)<br>□partially insighted …… □lack of insight |

## ❖ Physical examination

| system | Any current problem | Relation to current psychiatric symptoms |
|---|---|---|
| **Circulatory system** | Bl. Pressure<br>Radial pulse<br>Heart sounds | |
| **Digestive system** | Any swelling<br>Bowel sounds<br>hernias | |
| **Central nervous system** | Examination of all 4 limbs:<br>✓ Tone<br>✓ Power<br>✓ Reflexes<br>✓ Weakness<br>✓ Altered sensations<br>Gait inspection<br>Hand-eye coordination<br>Involuntary movements<br>Cranial nerve examination<br>Fundoscopy (if necessary) | |
| **Liver** | □Jaundice □Spider naevi □Gynecomastia □Palmer erythema □hepatomegaly | |
| **thyroid** | Hyperthyroidism: □agitation □sweating □tremor □exophthalmos □myxedema<br>Hypothyroidism: □dry skin □dry hair □hair loss □goiter □hoarse voice □weight gain □psychomotor retardation | |
| **Respiratory system** | Respiratory rate<br>Chest expansion<br>Percussion note<br>Breath sounds | |
| **Intoxication or withdrawal symptoms** | | |

# ❖ Risk assessment

## ☒ Risk of harm to others

☒ Risk of harm to self

- Suicide
- Deliberate self-harm
- Neglect

| Personal factors | Illness-related factors |
|---|---|
| □Previous violence | □psychotic symptoms |
| □Antisocial, impulsive, or irritable personality | □substance misuse |
| □Young males | □treatment-resistant |
| □Recent life crisis | □poor compliance with treatment |
| □Poor social network | □stopped medication recently |
| □Divorced or separated | **Factors in the mental state** |
| □unemployed | □Irritability, hostility, anger |
| □Social instability | □Suspiciousness |
| □Parent with history of violence | □Thoughts of violence towards others |
| **Situational factors** | □Threats to people to whom patient has access |
| □Confrontation and provocation by others | □Planning of violence* |
| □Situations associated with previous violence | □Persecutory delusions |
| □Ready availability of weapons | □Delusions of jealousy |
| | □Delusions of influence |
| | □Hallucinations commanding violence to others |
| | □Suicidal ideas with severe depression |
| | □Clouding of consciousness |
| | □Lack of insight about illness |

# ❖ Formulation

## According to Biopsychosocial model:

| | Predisposing factors | Precipitating factors | Maintaining factors |
|---|---|---|---|
| **Biological factors** | Genetic factors | **e.g.**<br>▪ recent physical illness<br>▪ substance use<br>▪ sleep deprivation | **e.g.**<br>▪ chronic medical disease<br>▪ continuing substance use |
| **Psychological factors** | personality and temperaments | **e.g.**<br>▪ recent loss & stress<br>▪ non-adherence to medications | **e.g.**<br>▪ presence of cognitive errors.<br>▪ Lack of meaningful activities.<br>▪ Impaired insight |
| **Social factors** | Socioeconomic status | Life events | **e.g.**<br>▪ Lack of income<br>▪ Social isolation |

# ❖ Conclusion:

## The patient's problem and its consequences

- Diagnosis

**According to DSM5 the diagnosis is:**

.....

.....

- Impact on self and others (dysfunction)

.....

.....

- Risk to self and others

.....

.....

- Effects on others

.....

.....

## The patient and their circumstances

- Personal history

.....

.....

- Current circumstances

.....

.....

- Personality

.....

.....

## Etiology

According to biopsychosocial model

.....

.....

## The patient's understanding of the above & the treatment plan

.....

.....

# ❖ Management plan:

## 1- Further information needed

……

……

## 2- Investigations

| | |
|---|---|
| **Laboratory** | □FBC □LFTs □KFTs □TFT □ECG □drug screening Other: |
| **Imaging** | □CT □MRI □EEG |
| **Psychological assessment** | □IQ □MMPI Other: |

## 3- Immediate treatment:

- **Indication for hospitalization**
- **Medications:**

  ……
- **ECT**

## 4- Short term treatment:

- **Biological treatment**

  ……

  **Multidisciplinary treatment**

  ……
- **Risk management**

  ……
- **Establish therapeutic alliance**

  **Psychoeducation**

  **Supportive counselling**
- **Discharge planning**

  ……

## 5- Medium & Long treatment plan

- **Psychological treatment**
- **Social treatment**

……